

Alameda Family Services Success Story

Alameda Family Services is a human services organization, active in Alameda and the East Bay, whose programs improve the emotional, psychological and physical health of children, youth and families. The Head Start/Early Head Start Division is a comprehensive child development program that has been successfully serving income eligible children and their families for 50 years. It is a child-focused program with an overall goal of increasing school readiness and socialization for children from birth to five years old.

In May 2016, Alameda Family Services passed 100% Healthy Beverage, Physical Activity, Breastfeeding Accommodation, and Tobacco-Free Workplace Policies. The policies have greatly impacted the organization in that many employees have visibly taken initiative to eat healthy and incorporate more physical activity in their day. Now, staff volunteers to purchase (with management approval) and prepare healthy breakfast for their all staff meetings. Some staff takes healthy snacks like pre-cut fruit, yogurt and water to eat throughout the day. For every staff meeting, there is a 10-15 minute physical activity session led by staff or an outside presenter. Daniel Javes, Health Services Manager, reports that the staff never used to do this. He says, "When management supports and encourages activities that address health and wellness, the staff reacted positively and initiated their own behavior change." "We did not have to tell or force them to do anything and that's the beauty of it!"

